

TechSAge Tips

Digital Resources for People with MS

Overview

There are many mobile apps and websites available that can help people with multiple sclerosis (MS) complete their daily activities. We interviewed 60 older adults with MS about the tools and technologies they use to overcome challenges in their daily lives, and these are some of the digital resources that our participants found most helpful.

Accessibility Rating Websites

- Accessibility rating websites and apps, such as iAccess Life, allow users to check whether a public facility is accessible for people with disabilities. The accessibility ratings are based on reviews from others who have gone to the location.

Audiobooks

- Audiobook services like Audible and Apple Books are a great option for those who have difficulty reading small print or turning book pages.

Customer Relationship Management Software

- This software can be used keep track of conversations and other important information, both professionally and personally.

Grocery Ordering Apps

- Several participants use a delivery app like Grub Hub or Instacart to save trips into the store. Some participants mentioned that they will ask the delivery driver to place the groceries in the entryway of their home where they can reach them more easily.

Help Hiring Websites

- Websites like Angi's List and Craigslist can be useful for finding help with home maintenance.

National MS Society Website

- The MS society offers a variety of resources that participants found helpful, including accessibility tools, education programs, and support

groups. They can be found here:
<https://www.nationalmssociety.org/get-ms-support>

Online Brain Games

- Participants play word games, puzzles, and other brain teasers on websites like Lumosity to keep their minds sharp.

Rideshare Apps

- Rideshare apps can be convenient options for getting around. Many participants use Uber, Lyft, or a local rideshare service for people with disabilities.

Disability Advocacy Group Websites

- Organizations like the Sabrina Cohen Foundation strive to improve accessibility for people with a variety of disabilities. These organizations' websites may also offer resources such as online adaptive exercise classes.

Travel Management Software

- Apps like TripIt help the user keep track of flights, reservations, and other plans while traveling.

Virtual Yoga and Exercise Classes

- Some organizations offer virtual exercise classes for people with MS, such as DailyOM's chair yoga classes and the National MS Society's exercise videos.

Voice-to-Text Software

- Voice-to-text software, such as Dragon Naturally Speaking, can be useful for those who have difficulty typing or writing.

MS Diet App

- Apps like the Wahls Diet App can be helpful for tracking food intake or sticking to a specific diet protocol.

Video Streaming Platforms

- YouTube and other video streaming platforms can be used for entertainment or to learn about specific topics.

www.TechSAgeRERC.org

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